

syntax: 10-10-18 BLACK BELT Q & A c/c

Wednesday, October 10, 2018 1:35 PM

Name	Attendance	Response
Bryan Hemmer - The Inevitabl	Meeting Organizer	None
karla@karlakenny.com	Required Attendee	Accepted
amanda.l.vance@gmail.com	Required Attendee	Accepted
Christian Merrill (christian.me	Required Attendee	Accepted
David Gwinn <dave@eaqlem	Required Attendee	Declined
Gwendolyn Taylor <gwendol	Required Attendee	Declined
Karla Burnett <4karlaburnett	Required Attendee	Accepted
Scott Phillips (ScottPhillips@C	Required Attendee	None
'Shannon Raddin' <Shannon	Required Attendee	Accepted
Stephen Cadley <Steve@Sal	Required Attendee	Accepted
William Sumner - The Inevital	Required Attendee	Accepted

Karla elges!
LOA!

Syntax:

Congratulations to Karla "Elges"

Welcome to Michelle Vercellino !!

What questions do you have?

last month c/c
 mm same topic
 higher level
content

3 day...
 (upgrad'g
 content flows)
 most participat -
0.1%

one of our best)

when is next one?

(probs - 1X, 1X -> 3X
(3X on it own)

Karla, Christ - extra credit

How are you doing in the program?

Prog!
self directed !!!
- framework
- content
- chunk (road map)
part do
part - ? sequence

Bryon - get logged out

Bryon - get logged out

- book marks BB
manual

time out?

Log next PC

m/mis-B:io

How track
in manual -

(623-626 -

track / load - OneNote

rather than large
sections

sub-
chunk

Discuss "paper clip" project, how would you like to participate?

→ Sep call
next week
Weds A.M.

Your role on the TIComm page... YOUR IHAD?
-feedback?

Karla - old
new!!!

Bryan!

(TIL)

Christian -
Shannon's
you/I

The Law of Attraction articles (times 2)

Christ—!

Karla—!

(all take article)

mark up

Divers?

Cozumel

Pearl Club

when
is
next?

invite on vaca

- hang out,
Adv. content
- invite speakers

The Dirty Secret Behind the Law of Attraction (X 2)

"The Secret": How the Law of Attraction Hype contaminated our Souls.

From: William Sumner - The Inevitable You
Sent: Thursday, September 13, 2018 6:48 AM
To: William Sumner - The Inevitable You <william@theinevitableyou.com>
Subject: ((Crucial, bbcontent, bbmanual)) The Dirty Secret Behind the Law of Attraction. | elephant journal | The Secret": How the Law of Attraction Hype contaminated our Souls

https://www.elephantjournal.com/2016/07/the-dirty-secret-behind-the-law-of-attraction/?utm_medium=email&utm_campaign=The%20Daily%20Mindful%20September%2013th%20-%20YogaClub%20Banners%20%20Hubl%20Editorial&utm_content=The%20Daily%20Mindful%20September%2013th%20-%20YogaClub%20Banners%20%20Hubl%20Editorial+Version+B+CID_7cdfa43b2d9e829138bafb485ce228e&utm_source=Email%20Marketing&utm_term=The%20Dirty%20Secret%20Behind%20the%20Law%20of%20Attraction

The Dirty Secret Behind the Law of Attraction.

Always 1°

- structure (.s/w)

Www
Swi
fch
fat
next
Weds

leave reader
either/or
embed
DID YOU
STOP BEAT-
WIFE



As I turned the pages of a book on the [law of attraction](#), I felt my body tingling with excitement.

My eyes skipped over each word, hungrily soaking up the promise of abundance—my dream life, the perfect career, soul mate, opportunity, freedom, happiness —

all wrapped up in a neat little mind trick.

Over the next few months I became the best student of law of attraction, manifestation and abundance. But I wanted to go deep, take it further—as far as it could go. So I diligently scoured books and the internet for precious tidbits on the subject. I attended webinars, and voraciously read everything from the modern-day masters of law of attraction. I put every practice into practise.

voraciously read everything from the modern-day masters of law of attraction. I put every practice into practise.

But nothing happened. I couldn't manifest, and I couldn't understand why.

I was doing everything right, so why wasn't it working? I furiously etched more affirmations into my mind, perfected my vision boards, positively believed, believed and believed some more, and waited patiently to receive. But, nothing. I didn't manifest a single thing, except a whole lot of disappointment and self-criticism.

In my exasperation, I dug a little deeper. I had a light-bulb moment when I learned that it wasn't working because I was coming from a place of lack, a place of unworthiness, and the universe was simply matching its vibration to mine. It was giving me what my unconscious mind was sending out. And that was a whole lot of fear and self-hatred.

So, I decided to tackle myself full-on, and heal from my inner demons.

I had no other choice. I had already lived the life of ego, seen its emptiness and illusions, and moved on, or so I thought. I had been married to a very rich man, and had very quickly discovered that material abundance didn't bring any happiness at all. My husband gave me unlimited money, exotic vacations, designer clothes, the big house, expensive jewelry, and all the rest. I loved the man, but I didn't love his things.

I felt very uncomfortable living a life of high status, ostentation and rampant consumerism. It clashed with my soul. Right from the start, I knew that none of those luxurious things would bring me happiness. I witnessed how they comforted my ego and my fears, but they didn't fulfill me at all.

After a while, I could no longer live with myself, and my husband could no longer live with his “cuckoo spiritual” wife who didn’t care about status or diamonds. So I walked away from the man and his dream life, threw myself onto the spiritual path, and reveled in my homecoming to authenticity.

As I settled down into my new, drastically different life—one of unemployment, financial hardship, struggle and instability—I was ensnared by the seductive promises made by the principles of law of attraction. I desperately needed to make money. I didn’t want to be rich, just to find my true life’s purpose, meet my soul mate and have enough money to survive. I thought those things would make me feel safe and happy, and after my initial failure to manifest, I sincerely committed to healing myself fully, in order to receive my life of abundance.

But it took me a while to realise the deeper, fundamental truth behind it all, and it wasn’t at all what I was expecting. It threw all my ideas about law of attraction and abundance upside down and out the window. But that realisation only came when I had been thoroughly washed and wrung-out in the healing process.

Because, as I really faced myself with compassion, and as I healed from my self-hatred, a deeper truth unfolded. I had thought that the law of attraction would work for me once I had rid myself of my unworthiness story.

But that didn’t happen at all. Instead, a miracle happened.

Layer by layer, I peeled away my limiting beliefs, self-sabotaging patterns and conditioning. Bit by bit, my ego lost its grip, my pain melted and my sense of “self” dissolved. Slowly, slowly, a transformation occurred. Sometimes sudden, jolting and painful, sometimes slow, sensuous and blissful. As timeless time passed by, I became more whole, and only then was the truth gradually revealed.

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At first, I saw how my spiritual ego had trapped me into chasing abundance. My stubborn and cunning ego had simply wrapped itself in a new spiritual identity, but was doing the same old thing, playing the same old game—chasing more, chasing the next moment, chasing anything to keep itself safe and alive.

I already knew that chasing material things in a non-spiritual context would never bring me happiness. I'd lived that life, chewed it up and spat it out.

But *now* I realised that using manifestation, law of attraction or [The Secret](#) to create a better life, would not bring me happiness either. Because it was still about chasing the same things—the ideal career (this time, in perfect alignment with my soul's purpose), the relationship (this time, my spiritual twin flame or past-life soul mate), freedom (this time, from the illusions of collective egoic unconsciousness).

Yes, in continuing to chase Abundance, I was simply giving my egoic motives a "better" spiritual label. I deluded myself into thinking that this time I was simply attracting the abundance that was my birth-right as a divine being of the universe. How clever and deceptive my ego could be!

I realised that, for me, law of attraction and all its derivative concepts were a deceptive ego trick, where material pursuit was given shiny spiritual clothes, to create a more palatable and worthy hook. I had embarked on a fruitless trail of [consumeristic spirituality](#). And the only way out of my ego trap was through the gritty path of healing and awareness.

As I continued to heal, another layer of truth unfolded like a blissful exhale, and it showed me reality, raw and unfiltered—it showed me that true abundance lies within me, always, and

As I continued to hear, another layer of truth unfolded like a blissful exhale, and it showed me reality, raw and unfiltered—it showed me that true abundance lies within me, always, and isn't dependent on anything external at all. True abundance has nothing to do with money, soul mates, dream careers, identity or any other external thing. True abundance is the universe that lives inside me, and the universe that is me, even though there is no "me" at all. True abundance is made of truth and reality, weaved from the fabric of love.

And when I let go of my desire for abundance, let go of the chase, the grasping, the attachment...when I let go of my "self," the universe responded with truth and reality. And its simplicity is astonishingly beautiful.

Abundance is now.

Abundance is inside, outside and in-between. Abundance is in the heartbeat and the breath of every present moment.

Abundance is rich, limitless and yet formless.

I could fill a page with pretty words to describe the expansiveness of abundance. But in reality, abundance simply is. And that realisation brings total and absolute freedom, as I smile and ask myself, "Why chase something that already is?"

Author: Georgi Bond

"The Secret": How the Law of Attraction Hype contaminated our Souls.



How do we distinguish between a rich person who is good at capitalism and a person who gets rich by using the [Law of Attraction](#)?

st 1/11?

I, like many others, loved the movie "The Secret." My ex-wife and I watched the movie together and were immediately lost in its glorious message: we could have ~~everything~~ we ever wanted.

We wanted money, and we wanted lots of it. We had the relationship, now we wanted the stuff.

quotes?

We went to work immediately to take advantage of our newfound advantage for bettering our lives. I had the added advantage of already having left my teaching career for greener pastures in real estate investment. We found an “abundance” spiritual community, made vision boards, and read the works of many of the authors featured in the movie.

We helped each other focus our minds on what we wanted. We could easily say we wanted things other than money, but the truth was, money was going to buy all that other stuff.

We knew exactly what we wanted and it was simply a matter of thinking about the stuff we wanted.

Black belts : Purpose

I, and many other Law of Attraction believers, made our vision boards, wild list they were decorated with dream mansions, dream cars, and dream vacation destinations.

I did not witness any representations of building character through clear values and actively practicing virtue on any boards, including my own.

At the time of my “Secret” experience, I was a fully immersed product of the culture.

In the United States, somewhere along the way, we transitioned from being citizens to being consumers. This year, we have produced the most egregious example of this by electing a businessman to be president versus a servant of the people.

being consumers. This year, we have produced the most egregious example of this by electing a businessman to be president versus a servant of the people.

One beautiful aspect to my fascination with the Law of Attraction was that I was now being introduced to people who lived on the fringes of the culture. These are the people who question mainstream thinking. With the Law of Attraction idea blowing up, we now had common ground to start conversation.

I developed relationships with people I would have never given a chance. Though I found these people "weird" in terms of what I believed to be true about the world, they were beginning to reveal to me new ways to explore it.

"Lightworkers" LOA?

I was falling in love with my spiritual community; however, I was a tad concerned about the lack of abundance the congregation was experiencing. The church and the community seemed to struggle financially. I had assumed those who had found the Law of Attraction could use it to their advantage.

I continued to follow many different abundance gurus and had success in finding weird synchronicities showing up in my life. These strange experiences offered me evidence that the Law of Attraction actually did exist.

Why?

During this time period, I read other spiritual authors and began questioning my need for abundance in the form of money.

My marriage began to fall apart, and this period became the most painful of my life. In

My marriage began to fall apart, and this period became the most painful of my life. In retrospect, I am extremely grateful for the experience. The pain caused me to question everything about the world. I started questioning the positivity and abundance movements. I found the most amazing mentor who offered a new vision of the world.

He helped me to find the nature of my soul.

I began to recognize, even though the spiritual communities, the qualities of the soul were placed in low regard. Any mention of the soul was likely offered up in a shiny platitude.

The treasures that could be found within the Law of Attraction stayed top of mind.



I began to understand that spiritual non-religious people did not question the Law of Attraction, but fully believed that it was the answer to the universe. *It is all energy, and when I find the right frequency, abundance is there for the taking.*

I witnessed so many people become frustrated that they were unable to manifest the objects laid out on their vision boards.

Q.E.D.

The spiritual community who had once constantly questioned the human ego was, in fact, developing a spiritual ego. The mysteries of the universe were now neatly packaged into the one way in which the entire universe operates.

The consumerism that has infiltrated our culture has contaminated the counterculture. Dating sites that invite people to shop for exactly what they are looking for have popped up in the spiritual community. There is a spiritual bend to the categories a spiritual person can select to objectify their mate search. The search for love has ceased and the

development of the perfect algorithm to finding a soulmate has begun.

The spiritual community continues to question those in the religious sector, but they have not questioned their own myopic view of the universe. They have lost their direction in finding the thread of truth that slices through the universe.

“The Secret” helped me transition from being ingrained within the culture to questioning everything about it. I have met many people with a similar story to mine.

It is my hope that a new counterculture will begin to take root—a spiritual community that begins to question our modern day acceptance of relativism and adherence to abundance being rooted in the acquisition of money.

In practising the Law of Attraction, I found there is a thread of truth that where I put my attention, I find what I am looking for. It has helped me to understand some of the experiences related to “attracting” in my life. I do question the validity of calling this phenomenon a “law,” but see it as just one part of the great cosmic mystery.

Having this phenomenon sold as a law certainly has stimulated the part of us that wishes to control the world. This need for control is the same that is based in the fear found within dysfunctional psychology.

While shopping is top of mind, our soul sits patiently waiting for its day. Once the obsession with controlling the mind is questioned, the yearnings of our soul will be responded to.

The search for threads of truth and the spiritual grail of grace will put people back on the path to true abundance.

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Author: Jim Sharp

Sent from my Droid... so just chuckle at the autocorrects!

Common
brown belt
look like
act
BIB
yet...

"as a black belt" (s/w)
then... do black belt
I am, therefore I'm
resp...

don't own
to learn
do
be

vs.

"just signed up"

own it

proceeds!
as BIB

barely noticeable
non MMA
(Ldrshp. metaphor)

who does know .
(presence of)
lack of...! Away
felt
(they won't why)

BB
own / it
crucial!

did you read -

— mark it up —

8:00 MST to EDT

10/17